

Notes for Caregivers and Parents:

**Preparatory and preventative actions:**

- People may want to talk with family members, friends and neighbors beforehand to put together plans should someone get COVID-19. This may also include putting together an emergency contact list and identifying individuals and organizations in a community that can provide assistance as needed. Another advisable thing to discuss who can act as a backup home caregiver should a primary one become sick.

- If applicable, chose a place in your house where people can be isolated.
- Learn about any plans of actions your child's school and your workplace has as well as how to correspond with them should you have to stay home from work and/or your child stay home from school.

**If taking care of people who are sick:**

- Wear disposable gloves when handling dirty laundry from an ill person and then discard after each use. If using reusable gloves, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other household purposes. Clean hands immediately after gloves are removed. If no gloves are used when handling dirty laundry, be sure to wash hands afterwards.
- If possible, do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air.
- Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry from an ill person can be washed with other people's items.
- Clean and disinfect clothes hampers according to guidance above for surfaces. If possible, consider placing a bag liner that is either disposable (can be thrown away) or can be laundered.
- Again, don't share items with infected people.
- Continue to follow basic hygiene principals when near or in contact with sick people; and try to avoid contact as much as possible.
- Keep in contact with healthcare professionals to determine when to end home isolation.